

JANUARY 2021

EARLY HEAD START 0-6 MONTHS

FAMILY ENGAGEMENT HOME PROJECT

Child's Name:

Site: _____ Class #: _____

Teacher's Signature:



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LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total weekly
					1. Prop your baby in a seated position. Talk to them as you work. For example, as you fold laundry, cooking, etc.	2. Read books to your baby Use loud or soft tone of voice.	
					NO TIME ALLOWED	NO TIME ALLOWED	
3. Have a radio available. Play some classical music to your baby. Dance with your baby.	4. Read books to your baby. Use loud or soft tone of voice.	5. With the child lying on their back, hold a soft ball or rattle within his reach. Wave or gently shake the ball to encourage child to follow the item with his vision or grab and reach.	6. Hold toys in various positions to encourage your baby to stretch and reach for the toys. Your baby will practice using his hands and body to reach objects and balance his body.	7. After you give your baby a bath, with gentle touch massage your baby's legs, arms, head, etc.	8. When you hear the baby cooing, babbling or gurgling video tape their sounds. Share the video with the teacher and show your child itself. See your child's expressions.	9. While you breastfeed or bottle feed your baby look into his eyes and with a gentle touch embrace his face, arms, etc. Tell him how much you love him.	
NO TIME ALLOWED	NO TIME ALLOWED	20 min	20min	NO TIME ALLOWED	20min	NO TIME ALLOWED	
10. Practice safe sleep. Place your baby on a firm mattress. Baby should be placed on his back.	11. While dressing your baby name every clothing that you are dressing them and the part of the body.	12. Read an animal book to you baby as you read the book make the sounds of the different animals. Find images in the internet and make an animal collage	13. Demonstrate and show your baby left from right. Give your baby toys in their right and left hands so they can practice holding with both arms.	14. Practice tummy time with your child. Put interesting or favorite objects around and encourage them to try and reach for it. This can also encourage baby if they are close to rolling over.	15. Sing a song as you care for your baby, you help them learn to love music and feel comforted by soothing rhythm and motion. Write your own song and take a picture.	16. Sing a song that involves body movements and name body parts as you model for the baby.	
NO TIME ALLOWED	NO TIME ALLOWED	1hr	20min.	NO TIME ALLOWED	30min	NO TIME ALLOWED	
17. Sing a song that involves body movements and name body parts as you model for child.	18. In a dimly or dark room turn on a flashlight and encourage child to follow the light. This will help build their vision skills.	19. Let baby touch fabric with different textures such as wool and velvet. Use different word to describe each one to him: soft rough. smooth	20. Sing a song that involves body movements and name body parts as you model for baby.	21. Soothe baby on your lap. Place baby across your knees while you are in the sitting position and rub his back while he does a little Tummy Time. Talk, sing	22. Be like a Baby: Does baby bang blocks together or clap their hands? It's your turn to copy them! When baby does an action, repeat it	23. Hold them close and play a game of tickly. Smile and laugh with baby. Tickle different parts of their body to encourage their movement. Name the different parts.	
NO TIME ALLOWED	10min	20min	NO TIME ALLOWED	20min	NO TIME ALLOWED	20min	
24. Read books with your baby. Keep it short and interactive to hold his/her interest.	25. Read to your baby nursery rhymes so that they can repeat words such as hey diddle diddle or other rhymes.	26. Make a streamer with ribbons and a bracelet or hoop. Dangle the ribbons in front or above the baby. Drag them lightly across their hands. Try different materials and see what they like to build baby's curiosity.	27. Help your baby learn his name by using it frequently. Make a song using baby's name or add his name while you are reading a story. Write the song on a piece of paper and share it with teacher.	28. Give baby easy to grasp and mouth toys. Show the baby what they can do with the toys and give them time to explore on their own. Describe the colors or sounds they make.	29. Offer toys that your baby can close her hand around. This encourages her to use her hands to grasp and release objects. Take a picture of your baby doing this activity and show your teacher.	30. Read books to your baby Use loud or soft tone of voice.	
NO TIME ALLOWED	NO TIME ALLOWED	1hr	20min	20min	20min	NO TIME ALLOWED	
31. Cut photos of friends/family members/pets in your baby's life. Glue each one to an index card with clear contact paper. Show the picture to your baby and named them							
1hr							

